

# LUNCH




## Antipasto


**Zuppa** – curried apple and squash soup with toasted pumpkin seeds and Ontario micro greens 8.5

**Antipasto Platter** – prosciutto, Blubry cheese, spicy onion jam, sour cranberry jelly and sliced poached pears sm 14 / lg 20

**Beef Carpaccio** – Enright Farms beef carpaccio with marinated mushrooms, squash puree, Ontario micro greens and crostini 11

**Albacore Tuna**  – rare seared tuna with arugula and endive salad, grape tomatoes, julienne carrots and kohlrabi puree 12

**Tomato Bruschetta** – classic tomato bruschetta with onions, garlic, balsamic and fresh herbs on warm baguette topped with arugula and parmesan 9

**Mussels**  - sustainable PEI mussels, Italian sausage, bell peppers, leeks and grape tomatoes in a spicy tomato broth with warm baguette sm 9 / lg 13

**Fried Brussel Sprouts** – browned brussel sprouts tossed with lemon juice and parmesan 5.5


**Olives and Dip** – marinated mixed olives with orange zest, chili flakes and parsley, roasted red pepper and cannellini bean hummus, eggplant baba ghanoush, and sliced foccacia 10

## Salad

**Caesar Salad** – romaine hearts, Gusto dressing, parmesan shavings, pancetta crisp, croutons 8

**Verde Salad** – house blend greens with kohlrabi, carrots, pumpkin seeds and roast citrus vinaigrette 8

Enhance your Caesar or Verde salad

Add chicken breast +7, white shrimp  +8 or scallops +9

**Beet Salad** – roasted beets, arugula and endive salad, toasted walnuts, apples, goat cheese and a grainy mustard and tarragon vinaigrette 9.5

**Please advise your server of any allergies or dietary restrictions**


## Lunch Entrees


**Quiche** – tomato, mushroom, goat cheese and tarragon quiche 13

**Chicken Parmesan Sandwich** – breaded chicken breast with tomato sauce and mozzarella, with basil pesto 15.5

**Chicken Club Sandwich** – marinated chicken, bacon, sliced apple, spinach, roast red pepper aioli 15.5

Above entrees are served with your choice of verde or caesar salad


**Ling Cod**  – Ling cod with roast polenta cake, stewed caponata, lemon-basil butter 23

**Rainbow Trout**  – sustainable rainbow trout, with mixed green salad, kohlrabi, carrots, grape tomatoes and quinoa with roast citrus vinaigrette 22

## Pasta

**Pomodoro** – spaghetti with house made tomato sauce and basil, shaved parmesan 14


**Alfredo** - penne with our cheese and garlic Alfredo sauce, shaved parmesan 16.5

Add chicken and peas +7 or white shrimp  +8

**Puttanesca** – linguine with white shrimp, scallops, capers, sundried tomatoes and olives, spicy aglio olio sauce 25

**Bolognese** – spaghetti noodles tossed in a spicy Bolognese sauce made from Enright Farms beef, topped with shaved parmesan 19

**Primavera** - linguine, mushrooms, kale, bell peppers, and grape tomatoes in a basil pesto sauce topped with goat cheese 16

Enhance this dish with chicken +7, white shrimp  +8 or seared scallops +9

## Pizza

**Canadese** – pepperoni, mushrooms and bacon pizza with tomato sauce and mozzarella 15.5

**Giardino** – roasted red peppers, mushrooms, red onion, arugula pesto, mozzarella and goat cheese 16

**Prosciutto** – prosciutto, grape tomatoes, fresh arugula, garlic and herb oil, mozzarella, reduced balsamic 17

Gluten Free Pasta +1  
Extra Parmesan +0.50

**Overfishing is the greatest threat to our oceans today. We use sustainable seafood products whenever possible, recognized by the Ocean Wise program**



**Executive Chef - Mathew Thompson**  
**Sous-Chef – Drew Greenfield**